

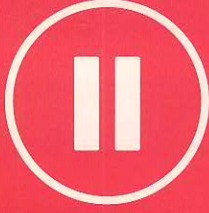


The Make One Change Campaign is aimed at all parents throughout Donegal. The Parent Hub (Donegal Children & Young People's Services Committee) is asking parents to think about the things that could make family life better for ourselves and those we love. Together with your family decide on one change you could make in 2016 to make family time a priority.



Ideas for changes families could make include:

For parents who sometimes feel guilty in the aftermath of dealing with challenging situations, perhaps by engaging in a shouting match with their teen or overly harsh discipline, they might consider **"pressing the pause"** button and thinking about what is going on for themselves and their child. Sometimes it is good to leave dealing with a situation until everyone is calm. So, **"pressing the pause button"** may be the change that parents want to commit to.



With younger children **reading a bedtime story** together.

With **teens** showing an **interest** in their **hobbies** (music, sport, computers).

Preparing and eating a **family meal** together at least once a week and more often, if possible.

Going for a walk together.

These can all add to the quality of family relationships.

Parents and their children are asked to return a copy of their 1 Change Promise to:

Nicola Harvey,
Tusla,
Floor 1 County Clinic, St. Conal's,
Letterkenny
Co. Donegal
email: Nicolac.harvey@tusla.ie

Return by Friday 15th January to be entered in a free draw for family friendly prizes including trips to the cinema, passes to Leisure Centre, book tokens, etc.

Change Promise

We promise to Make 1 Change in 2016 by

Family Name:

Address:

Mobile / Telephone Nunmber

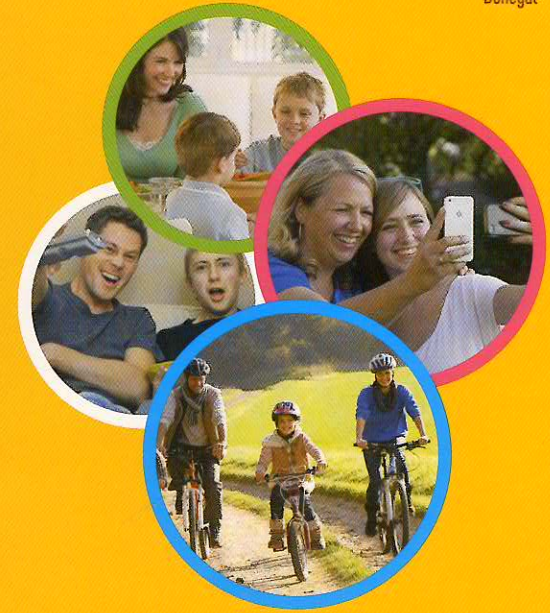
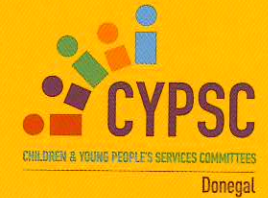
Making **one small change** can have a domino effect and help to build a strong healthy family.



I am only one, but I am one. I cannot do everything, but I can do something. I will not let what I cannot do interfere with what I can do. Edward Everett Hale



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